

WINNIPEG metro

NEWS WORTH SHARING.

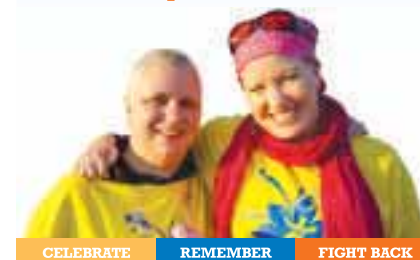


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CELEBRATE REMEMBER FIGHT BACK

HAVE MORE CASUAL SEX

JUST ONE REMINDER
FROM EXPERTS ON HOW
TO LIVE A BETTER LIFE
... ALSO, EAT MORE
SMOKED SALMON **PAGE 15**

Boston Marathon: 36,000 strong

Use Metro AR to see
a gallery of the city
coming together **PAGE 6**



So clean you can eat off the sidewalk

Well, maybe not, but hundreds are
expected to sweep through downtown
for the annual Earth Day Clean-Up **PAGE 3**



Don Peterkin of the Assiniboine Park Conservancy shows media on April 11 the thickness of the acrylic walls in the Sea Ice Passage tunnel of the Journey to Churchill exhibit, where visitors will see polar bears and seals swim. BERNICE PONTANILLA/METRO

This summer, you can have an Arctic blast

Journey to Churchill.

Polar bears, seals and
other wildlife coming to
Assiniboine Park Zoo in
July, along with higher
entrance fees for visitors



**BERNICE
PONTANILLA**
bernice.pontanilla@metronews.ca

The Journey to Churchill be-
gins in Winnipeg on July 3.

The Assiniboine Park
Zoo's opening of its much-
anticipated attraction will
feature polar bears, seals
and other Arctic wildlife.

The zoo also announced
a fee hike along with the
opening of its new exhibit,
with the adult entrance fee
going up to \$18.50 from

Get online, not in line

In order to facilitate ticket-
buying during the likely
busy first weeks of the
new exhibit, tickets will
be sold through the zoo's
assiniboineparkzoo.ca
website starting June 23.

the current \$10.24, and the
family membership going
up to \$189 from \$115.

"The new rates are com-
parable or less than most
major zoos in North America
and are also in line with the
many other entertainment
options at a local level," said
Margaret Redmond, CEO of
the Assiniboine Park Con-
servancy (APC), in a press
release.

"But we want Assiniboine
Park Zoo to be accessible for

everyone, so in addition to
group and bulk ticket dis-
counts, we're hoping the
introduction of \$10 Tues-
days and changing the free
admission age from under
two to under three (years
old) will do a lot to achieve
that goal."

Redmond said the Con-
servancy is taking steps
to lessen its reliance on
tax dollars, adding that, in
2015, their funding model
will flip from 75 per cent
public dollars to 35 per cent
"with the majority (65 per
cent) coming from earned
revenue."

"The task APC was given
years ago was an important
one — the zoo itself was
deteriorating and the facili-
ties simply didn't meet the
minimum standards for the
animals in the zoo's care,"
she said.



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MHCA

Premier to speak at breakfast event

The Manitoba Heavy Construction Association (MHCA) is wrapping up its breakfast with leaders series with a talk by Premier Greg Selinger. Selinger will speak at the Victoria Inn and Conference Centre about topics like balancing provincial budgets.

Doors for the event open at 7:30 a.m., with breakfast served at 8 a.m.

METRO

Country music

Zac Brown Band headlines fest

The Zac Brown Band is set to headline a Winnipeg country music festival this summer.

The first ever Prairie Jam Music Festival will take place Aug. 10 at Investors Group Field. The gates will open at 2 p.m. with the music starting at 2:30. Tickets go on sale Friday at Ticketmaster at 10 a.m. and start at \$69.50.

SCOTT BEST/FOR METRO

Personal care home

Seniors evacuated after flood

A basement flood caused by a water main break forced the evacuation of Golden Links Lodge Personal Care Home in south St. Vital in the early hours of Easter Sunday.

The Winnipeg Regional Health Authority said damage was extensive.

All 86 residents were taken to other personal care homes.

SCOTT BEST/FOR METRO

Water levels changing rapidly: Province

Flood officials in Manitoba were keeping close tabs on the Red River in Winnipeg on Monday afternoon as ice caused water levels to change "rapidly in the last 24 hours."

In its 10th flood bulletin, the province said ice from the south has begun to move through the city and is prompting changing water levels at James Avenue.

An ice jam pushed the river level up to 18.9 feet at James

Avenue at about 6:30 p.m. on Sunday night, then lowered to 17.45 feet at 8:30 a.m. on Monday, and increased by a foot throughout Monday.

Officials said the Red River's crest is near Ste. Agathe with a flow reported to be about 44,300 cubic feet per second. While the floodway gates have not been put to work yet, officials said water is entering the floodway at a rate of about 5,000 cubic feet

per second as of Monday morning.

The province's decision on whether to operate the floodway is being done in consultation with the City of Winnipeg.

In Selkirk, the municipal government is taking precautionary measure in low-lying areas, and localized overland flooding north of Winnipeg has closed provincial roads 204 and 212 to Sel-

kirk.

As for the Assiniboine River, a high water advisory has been issued for Holland all the way to Portage la Prairie due to possible ice jams, which can cause the water to rise quickly.

Officials said the Portage Diversion is being used to channel water away from Portage, Headingly and Winnipeg due to "persistent" river ice cover. **METRO**

Downtown BIZ gets cleaning for Earth Day

Community effort.
Volunteer event now in its ninth year



SHANE GIBSON

shane.gibson@metronews.ca

Hundreds of Winnipeggers are expected to sweep through downtown Winnipeg Tuesday for Downtown Winnipeg BIZ's annual Earth Day Clean-up.

The cleanup, now in its ninth year, is held every April 22 and will see business and community members join local celebrities (and Metro reporter Shane Gibson) for some good old-fashioned spring cleaning.

"We've been warming up for the last few days and weeks and it's uncovered a lot of litter that's been hiding under the snow. As much as our Metro Enviro-Team has been hard at work all year round, it can be hard to keep up with," said Stephanie Voyce

of the BIZ Monday afternoon. "So we're really excited to see what 300 to 400 folks out on the streets tomorrow can do to really make the downtown look sharp, look clean and look how it should for spring."

The crews will head out in two shifts, with the first meeting at Thunderbird House at 9 a.m. and cleaning the north downtown until 11:30 p.m., and the second shift meeting at Millennium Library Park at 2 p.m. before heading out to clean the south downtown until 4:30 p.m.

Volunteers are welcome to drop by and join the effort for either shift, Voyce said, adding there'll be coffee and doughnuts and other perks including prizes like Goldeyes tickets, bikes, and Tim Hortons gift cards doled out throughout the day for those who do.

"We make sure everyone has a bag, gloves and a map of where they're cleaning and we've got lots of extra supplies," she said.

"The more that come out, the better."



Downtown Winnipeg BIZ expects 300 to 400 people to come out to help pick up litter throughout the city centre for Tuesday's annual Earth Day Clean-up. **METRO FILE**

1 NEWS

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TRANSIT TUESDAY

Weekly Transit News Update



NEW MILLENNIUM LIBRARY SERVICE CENTER NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald Streets) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favourite downtown restaurant, don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you. For complete route and schedule information, visit winnipegtransit.com or call 311.

GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg transit's award-winning website. You'll get the same great features and information in a format that is optimized for Internet-enabled mobile devices. Go to m.winnipegtransit.com.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit the Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

PARK AND RIDE, AND RELAX!

Simply park your car at a Park and Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about the Park and Ride service.

SAVE SOME GREE WITH AN ECOPASS

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from 5 per cent to 100 per cent on transit. Visit winnipegtransit.com for more information.



Barack and Michelle Obama host annual Easter Egg Roll

U.S. President Barack Obama and first lady Michelle Obama cheer as thousands of children gathered for the 136th annual Easter Egg Roll on the South Lawn of the White House in Washington, Monday. The event's theme was "Hop into Healthy, Swing into Shape" and featured live music, yoga and obstacle courses in addition to the egg roll, sports and storytelling. CAROLYN KASTER/THE ASSOCIATED PRESS

Just don't do it, say parents about brand names on tests

Product placement?

New York education officials say brand references on tests just happened to be in passages selected

Just Do It has been a familiar Nike slogan for years, but some parents are wondering what it was doing on some of New York's Common Core standardized English tests.

Brands including Barbie, iPod, Mug Root Beer and Life Savers showed up on the tests more than a million students in Grades 3 through 8 took this month, leading to speculation it was some form of product placement advertising.

The test questions have not been made public, and teachers and principals are barred from discussing them. But teachers posting anonymously on education blogs have complained that students were confused by the brand names, which were accompanied by trademark symbols.

The Nike question was

about being a risk taker and included the line, "Just Do It is a registered trademark of Nike," according to students who took the test.

Sam Pirozzolo, of Staten Island, whose fifth-grader encountered the Nike question, said there was apparently no reason for such a specific brand. "I'm sure they could have used a historical figure who took risks and invented things," Pirozzolo said. "I'm sure they could have found something other than Nike to express their point."

Deborah Poppe, of West Hempstead, Long Island, said her eighth-grade son was similarly puzzled by a question, which drew complaints for a second straight year, about a busboy who failed to clean some spilled root beer — Mug Root Beer, to be exact, a registered trademark of PepsiCo.

The use of brand names was one of several complaints raised by some educators and parents about the statewide tests. While general complaints about Common Core tests have arisen elsewhere, advocates said the prevalence of brand names appears to be

Quoted

"Education, religion and civic life are places where brands are unwelcome ... It would be wise for Pearson to avoid using brands in their testing even if they're not paid for by the brand itself."

Kelly O'Keefe, marketing professor at Virginia Commonwealth University, who said that while he is a fan of brands, there are places where they don't belong.

specific to New York.

Representatives of the New York State Education Department and Pearson, the education publishing giant with a \$32 million US five-year contract to develop New York's tests, said the companies did not pay for the exposure.

"There are no product placement deals between us, Pearson or anyone else," said Tom Dunn, an Education Department spokesman. "We use authentic texts. If the author chose to use a brand name in the original, we don't edit."

Pearson spokeswoman Stacy Skelly said neither the company nor the education department received any compensation for the mentions. Nike and Wrigley, the maker of Life Savers, said they were unaware they were mentioned

on the tests.

Some advertising experts said the idea of product placement on a test is inappropriate and fraught with peril. "If any brand did try to place there, what they would lose from the outrage would surely trump any exposure they got," said Michal Ann Strahilevitz, a marketing professor at Golden Gate University.

Others endorsed the position of New York state educators — that brand names belong on the tests because they are part of the world students inhabit. "Brands are part of our lives," said Allen Adamson, managing director of the New York brand consulting firm Landor Associates. "To say they don't belong in academia is unrealistic."

THE ASSOCIATED PRESS

Friends, family say goodbye to murder victims

Calgary. Mourning the worst mass murder in the city's history

One was remembered as a wonderful friend who was always ready with a compliment, another as a tiny dancer with huge courage. The third was a skilled drummer who

exemplified the statement, 'All is good.'

Three young people were remembered at funerals in Calgary on Monday — all victims in the worst mass murder in the city's history.

Jordan Segura, Kaiti Perras and Josh Hunter were stabbed to death along with Zackariah Rathwell and Lawrence Hong at a house party April 15. The party was being held to mark

the end of classes at the University of Calgary.

A fellow party-goer, Matthew de Groot, has been charged with five counts of first-degree murder.

Segura's funeral was the first of the day. The 22-year-old was a religious studies student at the University of Calgary and had worked for the past year at McInnis and Holloway, the funeral home where the

service was held.

A plain wooden coffin was covered with a bouquet of white carnations, and white roses sat at the front.

Jayda Shreenan, friends with Segura since high school, reassured more than 300 mourners that the university student wasn't alone when he died — he was surrounded by those who loved him.

THE CANADIAN PRESS



Pallbearers carry the casket of stabbing victim Kaiti Perras to the hearse at her funeral in Calgary on Monday. MIKE RIDEWOOD/THE CANADIAN PRESS

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234 girls kidnapped from Nigerian school: Parents

Some 234 girls are missing from the northeast Nigerian school attacked last week by Islamic extremists, significantly more than the 85 reported by education officials, parents told the state governor Monday.

The higher figure came out a week after the kidnappings when the Borno state governor insisted a military escort take him to the town. Parents told the governor

that officials would not listen to them when they drew up their list of names of missing children and the total reached 234.

The discrepancy in the figures could not immediately be resolved.

Security officials had warned Gov. Kashim Shettima that it was too dangerous for him to drive to Chibok, 130 kilometres from Maiduguri, the Borno state

capital and birthplace of the Boko Haram terrorist network blamed for the abductions.

The group has been abducting some girls and young women in attacks on schools, villages and towns but last week's mass kidnapping is unprecedented. The extremists use the young women as porters, cooks and sex slaves, according to Nigerian officials. THE ASSOCIATED PRESS

33 years on the run

Fugitive captured in Texas

A disabled 78-year-old church deacon living quietly in Texas was arrested Monday by federal agents who said he committed a murder 33 years ago and 2,092 kilometres away. Authorities say Joseph Lewis Miller fled Pennsylvania after shooting a man in a parking lot outside a hotel in 1981. He was charged with murder and three other felonies.

THE ASSOCIATED PRESS

Utah

Man shot dead by marshal while attacking witness

The FBI says a defendant has died after being shot by a U.S. marshal during an attack on a witness during a trial in federal court in Salt Lake City. The FBI said 25-year-old Siale Angilau died Monday at a hospital after he was shot in the chest as he rushed the witness with a pen in an aggressive, threatening manner. THE ASSOCIATED PRESS

Air Canada

Two baggage handlers face termination

Two Air Canada baggage handlers set to lose their jobs over a video showing bags being dropped several metres into a bin on the ground were working under intense pressure to move the items quickly, their union said Monday. Handlers are forced to rush so the flight isn't delayed, said a union spokesman.

THE CANADIAN PRESS

Boston shows its strength as thousands run the marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were

Unstoppable

"I showed up, I'm back, and I am going to finish what I didn't finish last year."

50-year-old Mary Cunningham, who was stopped a mile short of finishing last year's Boston Marathon by the deadly explosions.

deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

"I think I'm going to start crying at the starting line, and I'm not sure I'll stop until I cross the finish line," said Katie O'Donnell, a doctor who was stopped less than a mile from the end last year.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence



Boston Marathon husband and wife bombing survivors Patrick Downes and Jessica Kensky, who each lost a leg in last year's attack, roll across the finish line in the 118th Boston Marathon Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

at the finish line. It was followed by some of the loudest cheers of the day as people

whooped, clapped and rang cowbells.

American Meb Keflezighi,

who had the names of last year's victims written on the corners of his race bib, won



Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS



Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

the men's title in two hours, eight minutes, 37 seconds.

THE ASSOCIATED PRESS

Sit back, relax — and open up a packet of powdered booze?

How's this for a revolutionary invention: turn a glass of water into rum by stirring in a packet of powdered alcohol.

Crazy? Not with Palcohol, a new product that claims to pack the punch of hard liquor in fine powder form. Just add it

to any food or liquid and presto: instant alcohol.

It's not on store shelves yet, but Palcohol has already cleared several regulatory hurdles in the U.S.: This month, the U.S. Alcohol and Tobacco Tax and Trade Bureau approved

package labels for the product.

"I thought maybe it was some sort of weird oversight or miscalculation," said Robert C. Lehrman, an attorney specializing in the regulation of alcoholic beverages, who said he has never seen anything like it.

According to the product's website, Palcohol was created by Mark Phillips, an Arizona man who wanted a portable form of alcohol for camping trips. Lehrman said he spoke to Phillips after learning about the label approval.

"He said he was working with the government for many years to get this approved," Lehrman said.

But don't expect to find Palcohol at your local liquor store any time soon. Lehrman cautioned that Phillips will have to

clear other hurdles.

"I would expect that they would be quite cautious about this," he said. "If you're making a lot of money selling Johnny Walker Blue or Heineken, do you really want to rock the boat with this?" **TORSTAR NEWS SERVICE**



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Families await grim news as Sewol ferry death toll rises

South Korea. After the bodies are pulled from the water, authorities try to identify the victims

Lee Byung-soo says he knew, when he saw his 15-year-old son's body in the tent. It could not have been more horrifically obvious. But he wanted so much for him to be alive.

"Stop sleeping!" the truck driver yelled as he hugged Lee Seok-joon. "Why are you sleeping so much? Daddy will save you!"

He pumped his son's chest and blew into his mouth to try to resuscitate him.

This is the kind of heart-break that awaits the families of about 220 people still missing from the submerged ferry Sewol, or at least those whose relatives' bodies are ultimately recovered.

The pace of recovering bod-

ies has accelerated in recent days, since divers finally succeeded in entering the vessel. There were 86 confirmed fatalities as of Monday night.

After the bodies are pulled from the water, police and doctors look for forms of ID and take notes on the body's appearance, clothing and any identifying physical marks, said a Health Ministry official who spoke on condition of anonymity.

Lee Seok-joon arrived as Body No. 41. The sight of his son brought Lee to his knees. He later lashed out at a military doctor who was in the room removing Lee's son's clothes. "Don't touch my son!" he said. "He's still alive!"

Lee said Monday, as he escorted his son's body home by ambulance, that his right eye had completely decayed.

The captain of the ferry, Lee Joon-seok, first told passengers to stay in their rooms and waited more than half an hour



A relative of a passenger aboard the sunken ferry Sewol shouts the name of her missing family member as she waits for their return at a port in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

to issue an evacuation order as the Sewol sank.

President Park Geun-hye called the captain's actions "unfathomable." Park said the

captain and some crew members told passengers to stay put while they themselves escaped.

Lee, 68, and two crew members have been arrested.

The search effort on Monday included than 200 rescue boats, 35 aircraft, 13 fishing boats and 641 personnel.

THE ASSOCIATED PRESS

Jindo island



Lighting candles for the victims. YONHAP/THE ASSOCIATED PRESS

Identifying the bodies

The bodies are transported to Jindo island, as rescuers notify families waiting at the port, or at a gymnasium where many are sheltering. Bodies without IDs are described to officials in Jindo who relay the details to the relatives.

At the dock, bodies are taken to a white tent for another inspection, then transported to another tent. A coroner there cleans up the bodies, mostly to wipe off oil and dirt and straighten limbs.

Only two pieces of news are delivered here: Your loved one is dead, or still missing. THE ASSOCIATED PRESS

"I'm looking for something more long term."



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Economic Action Plan. Pollsters told to drop key questions from survey

The Finance Department has ordered its pollsters to stop asking Canadians potentially embarrassing questions about Economic Action Plan advertising.

In 10 public opinion surveys since 2009, Canadians were asked whether they took any action as a result of seeing ads placed with newspapers, TV, radio and the Internet on the benefits of the Economic Action Plan. Results have been in sharp decline in recent years, with a tiny fraction of those polled in 2013 saying they visited the EAP website or called a toll-free number, as the ads urge.

And so the Finance Department now has eliminated the question altogether, along with three other questions that asked Canadians to rate the government's performance. There, too, the numbers had been dropping to new lows.

The Finance Department paid pollster Harris Decima almost \$31,000 to conduct a truncated survey of 2,000 Canadians in early November about their



An EAP sign in Mississippi Mills, Ont.
ADRIAN WYLD/THE CANADIAN PRESS

reactions to a pair of 30-second TV ads and two radio ads. The ads' content was described in detail to respondents, but as few as 13 per cent recalled seeing or hearing the ads, which ran between Oct. 7 and Nov. 3.

No data was collected on any actions respondents took in response to the ads, or their rating of the government's performance, as the questions were quietly dropped.

The opposition parties have called the ads thinly disguised propaganda. Editorials at major news organizations have said the ads are designed to promote the Conservative party with public money.

THE CANADIAN PRESS

Teen who stowed away in plane 'lucky to be alive'



A 16-year-old boy, who stowed away in the wheel well of a flight from San Jose, Calif., to Maui, is loaded into an ambulance. CHRIS SUGIDONO/THE ASSOCIATED PRESS

Stowaway teen. The boy ran away from home and boarded a Hawaiian Airlines plane without detection

Officials say a 16-year-old boy is "lucky to be alive" and unharmed after flying from California to Hawaii stowed away in a plane's wheel well, surviving cold temperatures at 38,000 feet and a lack of oxygen.

FBI spokesman Tom Simon said the boy doesn't even remember the flight. "Kid's lucky to be alive," Simon said.

The boy was questioned by the FBI after being discovered on the tarmac at the Maui airport Sunday morning with no identification, Simon said.

Simon said security footage from the San Jose airport verified that the boy from Santa Clara, Calif., hopped a fence to get to Hawaiian Airlines Flight 45 on Sunday morning. He had run away from his family

after an argument, Simon said. Simon said when the Boeing 767 landed, the boy hopped down from the wheel well and started wandering around the airport.

"He was unconscious for the lion's share of the flight," Simon said. The flight lasted about 5 1/2 hours.

Hawaiian Airlines spokeswoman Alison Croyle said airline personnel noticed the boy on the ramp after the flight arrived and notified security.

"Our primary concern now is for the well-being of the boy," Croyle said. Simon said the boy was medically screened and found to be unharmed.

His misadventure raised several security questions.

Rep. Eric Swalwell, a Democrat who represents the San Francisco Bay Area's eastern cities, said that the incident "demonstrates vulnerabilities" in the airport security systems.

The boy was released to child protective services and not charged with a crime, Simon said. THE ASSOCIATED PRESS

The Villages

Sinkhole expands under houses in Fla. community

Repair crews filled in a sinkhole that opened between two houses in a sprawling Florida retirement community.

The Villages Daily Sun reports the homes were vacant when the sinkhole, which was already under repair, expanded Saturday morning. Neighbours noticed the sinkhole was growing and alerted

authorities.

Officials say crews from a Tampa firm had been working on the sinkhole for about three weeks.

District Public Safety Battalion Chief Pete Carpenter says the sinkhole opened up and expanded under the foundations of both houses.

Officials blocked off traffic Saturday as crews returned to assess the situation. Carpenter says the sinkhole was filled in by Saturday night.

THE ASSOCIATED PRESS

Plane crash investigation slows

An investigation into a plane crash that killed eight skydivers in Finland could take weeks or longer to complete because the charred remains of the aircraft are scattered over a large area of forest, authorities said Monday.

Two jumpers and the pilot aboard the Comp Air 8 kit aircraft managed to parachute to safety in Sunday's crash, the head of the investigation, Ismo Aaltonen, said Monday.

The three men were hospitalized with minor injuries, and it wasn't immediately

clear when they would be questioned about the crash.

Finnish MTV 3 television news reported that one of the survivors told investigators that something had "gone wrong" during the flight, but no details were given.

The turboprop plane was registered to carry a pilot and 10 passengers. It was licensed in 2009 and was last inspected in 2012 with the next check due in August 2015.

The eight victims — six men and two women — were aged 23 to 43. They were all experi-

enced parachutists, Aaltonen said.

The small plane was on a regular skydiver flight in southwest Finland, some 70 kilometres (45 miles) east of the coastal town of Pori, when it suddenly lost height and plunged to the ground from approximately 4,000 metres.

"The plane was badly burned and poses a huge challenge for us," Aaltonen said. "It'll take weeks to find out what happened, the sequence of events, but much longer to establish the actual cause of the

accident. We could be talking a year before we can publish our conclusions," he said.

Police said the victims were found in the chassis of the plane, but were so badly burned they have to be identified by DNA, although officials had information about those on board from a flight register left at the nearby Jämijärvi airfield where the plane took off.

Det. Supt. Pentti Lehtimäki said seven of the victims were from the area and one was from the capital, Helsinki.

THE ASSOCIATED PRESS



Joe Biden set to meet with Ukraine officials

Push for international agreement. According to officials, VP plans to follow up on recent commitments of non-lethal security assistance



People listen and react to a pro-Russian speaker in Luhansk, Ukraine.
A. ZEMLIANICHENKO/THE ASSOCIATED PRESS

The State Department, meanwhile, said photos available from social media and other sites show Russia has sent forces into eastern Ukraine. The alleged “concerned citizens” who want more autonomy in eastern Ukraine are dressed the same and are carrying the same kind of RPG-30 rocket launchers that are issued to Russian army troops.

A senior administration official told reporters onboard Air Force Two that Biden plans to announce new technical support to the Ukrainian government to implement energy and economic reforms. The official, speaking on a condition of anonymity, said the vice-president also will follow up on recent U.S. commitments of non-lethal security assistance.

His trip comes a day after a shootout at a checkpoint in eastern Ukraine manned by pro-Russia insurgents left at least three dead and Ukrainian and Russian officials trading accusations of blame.

THE ASSOCIATED PRESS

Russia if the agreement is not heeded.

Biden planned to meet with government leaders who took over after pro-Russia Ukrainian President Viktor Yanukovich was ousted in February. The White House said President Barack Obama and Biden agreed he should make the two-day visit to the capital city to send a signal of support for the new government’s reform efforts.

Biden will hold talks with Arseniy Yatsenyuk and Oleksandr Turchynov, the acting Ukrainian prime minister and president. He also is scheduled to meet with legislators from across the country and democracy activists.

Vice-President Joe Biden launched a high-profile visit on Monday to demonstrate the U.S. commitment to Ukraine and push for implementation of an international agreement aimed at de-escalating tensions even as violence continues.

The United States will decide within “days, not weeks” whether Russia is abiding by the accord, a U.S. diplomat said.

“It’s still too early to tell if this is going to succeed,” said Geoffrey Pyatt, U.S. ambassador to Ukraine. “The ball is really in Moscow’s court in terms of whether they’re going to take this diplomatic off-ramp.” The United States has threatened additional sanctions against



Plans for an encampment

Paula-May Belous and her husband Michael Belous pose in a teepee on the National Mall in Washington on Monday. The Cowboy and Indian Alliance will host an encampment there for a week’s worth of Reject and Protect actions against the Keystone XL pipeline. ALEX BRANDON/THE ASSOCIATED PRESS

Guantanamo Bay

FBI investigation disrupts tribunal

A federal prosecutor confirmed the existence Monday of the FBI investigation that has thrown the Sept. 11 war crimes tribunal at Guantanamo into disarray.

Assistant U.S. Attorney Fernando Campoamor Sanchez did not disclose the nature of the investigation. He asked the judge to delay by 30 days a decision on whether to abate proceedings. THE ASSOCIATED PRESS

Newfoundland

Premier candidate faces controversy

Frank Coleman, poised to become the next premier of Newfoundland and Labrador, is facing pressure from a pro-life group to follow the lead of Prince Edward Island in restricting abortion access in the province.

Coleman’s views have sparked controversy after he said he annually attends a rally opposing abortion. THE CANADIAN PRESS

YOU COULD

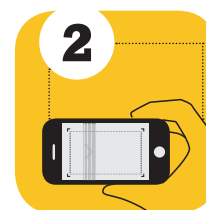
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Online viewing

Netflix to raise monthly prices for new subscribers

Netflix is preparing a sequel unlikely to be a hit with its subscribers. The Internet video service is about to raise its prices for the first time in three years to help pay for more Internet video programming such as its popular political drama House of Cards.

The increase, to take place sometime before July, will hike prices by \$1 or \$2 per month for new customers. The company's current subscribers will continue to pay \$8 per month.

THE ASSOCIATED PRESS

The environment

Apple goes green, with free recycling of used products

Apple is offering free recycling of all its used products and vowing to power all of its stores, offices and data centres with renewable energy to reduce the pollution caused by its devices and online services.

The iPhone and iPad maker is detailing its efforts to cultivate a greener Apple Inc. in an environmental section on the company's website that debuted Monday.

THE ASSOCIATED PRESS

FarmersOnly sows seeds of love via dating website



Chelsea and Daniel Seitz pose at their wedding on Sept. 28, 2013, in Pierson, Man. An online dating site called FarmersOnly promised to steer him clear of city slicker singles. CHRIS JONES/THE CANADIAN PRESS/HANDOUT

Yee Haw! Online site helps farmers find fellow cowboy-boot wearers to knock boots with ... and to live happily ever after with home on the range

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up on the screen and tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city slicker singles and hook him up with potential partners looking for a man just like him, one comfortable in cowboy boots and living life

Selling the simple life

"City folk just don't get it."

A FarmersOnly ad slogan

on the land.

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl who won him over with her smile, with a four-year-old step-daughter and a new baby on the way.

It's an online love story that FarmersOnly founder, Jerry Miller, is hoping to see more of in Canada.

Miller was doing agricultural marketing when he came up with the idea for the dating site in 2005. A divorced, female friend was having trouble meeting men while working long hours on her farm, and found suitors on other dating websites didn't have a clue about what her life was like. The little dating site that grew now has about 1.5 million members.

It's one of many niche dating sites that have popped up in North America in recent years. There are those for different religions and diets, widows and single parents, nudists and smokers. THE CANADIAN PRESS

Market Minute



DOLLAR
90.79¢
(-0.01¢)



TSX
14,493.68 (-6.71)



OIL
\$104.37 US (+\$0.07)



GOLD
\$1,288.50 US (-\$5.40)

Natural gas: \$4.70 US (-\$0.06)
Dow Jones: 16,449.25 (+40.71)

New survey. Majority of business owners are blasé about lower loonie

The fluctuating loonie may actually have little impact on most Canadian businesses, suggests a new survey by the Bank of Montreal.

About half (54 per cent) of business owners recently polled said changes in the dollar have no impact on them. While slightly more (55 per cent) of those who head small businesses, described as firms with less than 50 employees,

said that held true for them as well.

This contrasts with 27 per cent who said their businesses benefit from a weak dollar and 18 per cent who believed they were worse off when the loonie falters against the U.S. dollar.

Those polled, on average, expect the Canadian dollar to drop to 89 cents US by the end of this year. THE CANADIAN PRESS

Case. Pacific Gas & Electric pleads not guilty in deadly 2010 pipeline blast

Pacific Gas & Electric Co. pleaded not guilty Monday to a dozen felony charges stemming from alleged safety violations in a deadly 2010 natural gas pipeline explosion that levelled a suburban neighbourhood in the San Francisco Bay Area.

As survivors of the blast looked on, attorneys for California's largest utility entered the plea in federal court in San

Francisco to 12 felony violations of federal pipeline safety laws.

U.S. Magistrate Judge Joseph Spero noted prosecutors' request to increase the maximum fine PG&E could face to more than \$6 million US, if the court decides the company somehow benefited financially or saved money as a result of criminal misconduct.

THE ASSOCIATED PRESS

WIN AT WORK TODAY AT: 6:00AM 7:00AM 11:00AM 3:00PM 5:00PM 8:00PM

NOT ALL PASSIONS COME WITH A PAYCHEQUE

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little idiom; however, there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and



SHE SAYS
Jessica Napier
metronews.ca

there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheck is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told

the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soul-mate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on
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ZOOM

Science has brush with art



A woman views the painting *The Fighting Temeraire* by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013, and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The report, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. **METRO**

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the

fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?

Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 6 in News, page 12 in Scene, page 16 in Life, and page 22 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
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MetroTube

Look, Mom, I'm flying through fireworks



ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: it's the remote control quadcopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is *Arcade Fire's Sprawl II*, in case you're wondering. (Via Gasper C on Vimeo)



GETTY IMAGES



SCENE 2

DVD review



Sorcerer

Director. William Friedkin

Stars. Roy Scheider

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner *The Wages of Fear*. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream.

PETER HOWELL

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA WEIDENFELD
Metro World News

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on *Orphan Black*. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?

Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.

She's so different and yet she's



Jordan Gavaris plays Felix in *Orphan Black*. COURTESY SPACE

the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?

It was something that I really pushed for and something (co-creators) John (Fawcett) and

Graeme (Manson) were really excited to do. I think first season he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes, because Sarah's requests keep getting more outlandish and more dangerous.

Will Felix lose patience with Sarah's requests?

I think so. I think it may not play out the way the audience expects it will play out, but there will be some conversations between the two of them, some fraught conversations, and we get to see Felix as an entity outside of clone club.

What was your favourite scene to film this season?

There's a romantic connection that Felix has this season that is not just romantic, but an important connection for him as an individual, and I think it was probably one of my favourite things to do this season. It was also one of the scariest because in these particular moments he's very open and honest and real, and that was tough for me because Felix is a character that loves to wear masks.



GUY'S GARAGE

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Here we Chloe again, with a Jacked up 24

Broken trust. Mary Lou Rajs kub is a combative Chloe opposite Jack as 24 makes a comeback

24 star Mary Lynn Rajs kub says she had put the action-packed spy series well behind her when word came down that Jack was coming back.

"I honestly spent like two or three days in shock, like, 'What do you mean?' Just, like, walking about the house to my husband going, 'What? How is this really happening?'" Rajs kub said in a recent phone interview from Venice, where she was on a break from the London set.

"But then I had a long time to warm up to the idea and it was quite a while before they approached me in particular. So by the time they came to me with the offer I was just like, 'OK, I'm ready, I'm just waiting for you guys to call.'"

Four years after the addictive serial ended, the groundbreaking franchise is gearing up to unleash 12 new episodes



Mary Lynn Rajs kub and Kiefer Sutherland at a panel for 24: Live Another Day. RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

in the high-octane saga of counter-terrorism agent Jack Bauer, played by Kiefer Sutherland.

In 24: Live Another Day, Rajs kub returns as computer whiz Chloe, but after such a

long time away from the role she says it took her a while to get used to the idea of resetting the clock for yet another adventure.

"(After the finale) I spent the first year or two thinking

that the movie might happen and then after that it was like, 'OK, this is done, moving on,'" Rajs kub says.

"And I had started doing stand-up comedy and comedy again and I was just starting

Volatile reunion

"The stuff I was most nervous and most excited about is when Jack and I first encounter each other."

Mary Lou Rajs kub describes head-butting reunion of the characters she and Kiefer Sutherland reprise in 24: Live Another Day.

to go on the road doing my longer sets when I got the call about 24, which was kind of hilarious. It was, like, 'OK, I'll drop this comedy and let's go back to 24.'"

The new batch of episodes picks up several years after the events of the series finale back in 2010. Jack is on the run and Chloe is in a dark place emotionally, says Rajs kub.

"Her relationship with Jack is very bad, she doesn't like him very much, she doesn't agree with him and that was a cool thing for us to play because we don't see eye-to-eye and that was the first time I think Chloe's been confrontative with him and even more

so because she suffered a personal tragedy," she says.

"That's kind of put her into this tailspin ... and she became very anti-government because of that and she works for this company ... which is similar to a WikiLeaks-type situation. She's feeling bad."

According to Fox, the new shows retain the same fast-paced format with split screens and interweaving storylines fans are familiar with, with 12 hour-long episodes this time representing 24 hours.

Rajs kub describes the comeback as an "amped-up" version of the original.

"There's more explosions, more visuals, especially being in London ... and I think it's just everyone is paying careful attention to make sure that it lives up to it but still remains 24," she says. **THE CANADIAN PRESS**

Espionage saga returns

24: Live Another Day debuts May 5 on Global and Fox with two back-to-back episodes.

"I don't see us having a future together."

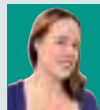


METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan reveals miscarriage and dishes on infamous list



THE WORD

Dorothy Robinson
scene@metronews.ca

Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.



Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about

her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid *In Touch*? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."



Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private

service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7.

Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

THE ASSOCIATED PRESS

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Demi Moore

Less is Moore for Demi as information of impending nuptials too much to take

Demi Moore is looking to be anywhere but Los Angeles for ex-husband Ashton Kutcher and Mila Kunis's big wedding, according to *Star* magazine. "Demi is tapped into Ashton and Mila's wedding planning and she's telling friends that she's going to get out of town during the time frame of when the wedding and pre- and post-wedding festivities will go down," a source says. "Demi knows she'll have to endure hearing about the affair — which Ashton is telling mutual friends will be huge and full of A-list Hollywood

and tech friends — and seeing pictures. But the wound is still fresh from their divorce, and Demi doesn't want anything to trigger a relapse." So just what will Moore be doing instead? "When she gets word ... about the exact date, she's booking a trip to the yogic spiritual center of India, Rishikesh, where she'll submerge herself in days of waking at 4 a.m., chanting, meditation, yoga by the Ganges River, light eating of only meagre portions of vegan foods and dressing in saffron-coloured robes."

Brand in deep GOOP?



Gwyneth Paltrow

It looks like Gwyneth Paltrow is having more than just marital problems. Her lifestyle empire GOOP appears to be in serious trouble, according to corporate filings obtained by Radar Online just days after the company's CEO, Sebastian Bishop, unexpectedly stepped down. While GOOP brought in plenty of money in 2012 — with total declared income of \$1.8 million — the company operated at a loss due to just as much in "administrative expenses," including salaries for Paltrow and Bishop totaling nearly \$600,000 each in addition to "loans to directors" — \$49,000 to Paltrow and \$84,000 to Bishop — that were never paid back. All told, GOOP ended 2012 operating at a loss of nearly \$40,000.

Feng shui your entire life

Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

ROMINA MCGUINNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counselor and author of *The Big Fun Sexy Sex Book*. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."

Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.

Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.

Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more..."

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.

3 TIPS



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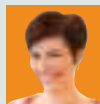
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What kind of yogurt should I eat? Is it really that good for you? What does it do? Is one really better than the other? What is the difference? What is kefir? You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

In general, your bowel benefits from a variety of good cultures, which means that adding both is most beneficial. And yes, it is really that good for you to have a plethora of them in your gut!

It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body. Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

Ideally, you want a yogurt that is as low in sugar and high in protein as possible.

Greek yogurt has been strained of more liquid to increase the thickness, calcium and protein, but if it is loaded up with sugar, gelatin and flavour, well, it isn't any better for you.

You know what? Let's make this even simpler. Eat yogurt, OK?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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From your fridge to your table in 30 minutes or less

fried before they're frozen.

Sometimes they are whole pieces of chicken but often they are pressed, processed bits. You can do better and it won't take more than 10 minutes. If you make a double batch and freeze them, you are further ahead.

1. In bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic

Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)

- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon, juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried



This recipe serves six. THERESA ALBERT

powder and poultry seasoning. In a separate plate mix together yogurt, honey and water.

2. Slice chicken breasts into thin strips.

3. Dip chicken into yogurt mix and dredge in bread crumb mixture. Lay in a single layer on cookie sheet and bake at 350 F 15-25 minutes (depending on thickness of strips). The cookie sheet can go directly into the freezer for storage. Once fro-

zen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

4. Dip: While strips bake, grate cucumbers and remove all moisture (strain through cheese cloth). In small bowl, blend yogurt, lemon juice, salt and garlic. Stir in cucumbers.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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SMALL CHANGES CAN MAKE A BIG DIFFERENCE

More Canadians than ever are surviving heart attacks and strokes, even though these events are serious and can be life-threatening. In fact, the death rate from cardiovascular disease has declined more than 75 per cent over the past 60 years, and last year alone this resulted in 165,000 survivors. But there is still cause for concern.

According to a new report from the Heart and Stroke Foundation, not all survivors are able to make the healthy changes needed to make the best recovery possible and help avoid another event. Based on a poll of 2,000 survivors and their loved ones, survivors report success with eating healthier, quitting smoking, and reducing alcohol consumption.

"After going through a major event like a heart attack, it may be daunting to think about making many changes all at once," says Dr. Beth Abramson, spokesperson for the Heart and Stroke Foundation and author of Heart Health for Canadians. "What people don't realize is that small changes over time can make a big difference. This can be as simple as choosing a piece of fruit over a sugary or salty snack, or getting off the bus a few



SHUTTERSTOCK

stops early to walk a bit more."

Here are some tips that can help everyone — whether they are living with cardiovascular disease or not — get started on a healthier path:

PLANNING MAKES PERFECT. Plan your meals

each week and make a list before heading to the grocery store. Cook healthy meals in bigger batches and freeze them.

LET THE FOOD GUIDE GUIDE YOU. Follow Canada's Food Guide and ensure that half your plate is vegetables, one-quarter meat

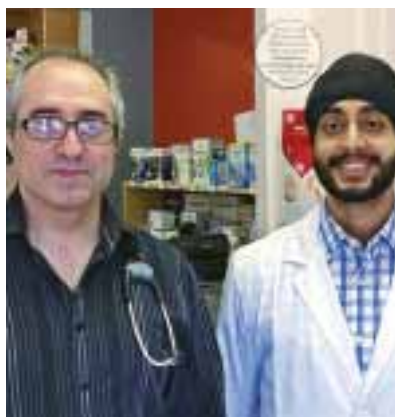
or alternatives such as beans, lentils or tofu, and one-quarter grains such as rice or pasta. Add in a glass of milk or some yogurt and fruit.

ACCEPT ALL SUBSTITUTES. Use healthier fats, for example olive oil instead of butter. Use fresh or dried herbs, spices, flavoured vinegars or lemon juice instead of salt to enhance flavour. In baking, cut down on the fat content by using fruit sauce and replace white flour with whole wheat.

FIND WHAT MOVES YOU. No need to go to a gym, just do whatever you enjoy — any activity can have a positive impact. And remember, if you are pressed for time, you can work in activity in 10-minute bouts.

MIX IT UP. Try new foods such as a new fruit or vegetable each time you shop, and choose a new recipe to try each week. Vary your exercise as well — yard work one day, an exercise class the next, and a bike ride after that. Play in the park with the kids or take a walk with a friend or neighbour.

— News Canada



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OFFERING YOU EXCEPTIONAL HEALTH CARE

You! Medical Centres provides quality care and extensive services at its convenient location in the heart of the Elmwood. You! Medical Centres Walk-in Quick Clinic is located in Unit D, 359 Johnson Ave. W.

Open six days a week, the clinic's primary mission is to provide you and your family with exceptional health care, and offers extended hours to ensure its patients receive the care you need when you need it.

The clinic also offers laboratory services, a pharmacy, and therapeutic massage in its state-of-the-art facility with a secure, digitized medical records system that allows an efficient, seamless information platform for its patients.

You! Medical Centre prides itself in offering patients a collaborative relationship with Dr. Ravesh, one of the on-staff physicians, and pharmacist Jasdeep Ruprai to provide you with quality one-

on-one care. Both Ravesh and Ruprai will work together with you to ensure you receive quality medical care with a professional team approach.

Additionally, the medical centre also hosts a friendly and efficient support staff that will ensure your visit is a pleasurable experience every step of the way.

Visit You! Medical Centre at youmedicalcentres.com or call 204-504-5121.



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SEE IF SHOCK WAVE THERAPY IS FOR YOU

Shock wave therapy is a relatively new treatment option in orthopedic and rehabilitation medicine.

The effect of shock waves was first documented during the Second World War when the lungs of castaways were noted to be damaged without any evidence of trauma. It was discovered that shock waves created by depth charges were responsible for the internal injuries.

The first medical treatment developed

from this research was lithotripsy. This allowed focused shock waves to essentially dissolve kidney stones without surgical intervention.

Now available at Healthmedica, the clinic has received outstanding results with shock wave technology. Conditions being treated include plantar fasciitis, heel spurs, shin splints, chronic low back pain, frozen shoulder, calcific tendonitis, stress fractures, Morton's neuroma, hallux rigidus,

rotator cuff injuries, and elbow pain.

If you have tried everything and can't get rid of your nagging pain that is limiting your daily function, then this may be an excellent treatment option. Healthmedica reports success rates of close to 90 per cent.

Visit Healthmedica for a no-charge consultation and decide whether you want to proceed with treatment. For more information, visit healthmedica.ca.



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Wellington
COLLEGE

*your future is
in your hands*

call 204.809.9985

or visit massagetherapycareers.ca

A CAREER IN MASSAGE AWAITS YOU FIND OUT MORE AT WELLINGTON COLLEGE

Are you interested in a career in massage therapy or want to upgrade your education? If so, look no further than Wellington College.

Wellington offers a 2,200-hour remedial massage therapy diploma program that is recognized by insurance companies for coverage.

Enrolment has begun for the full-time and distance education programs so act now and obtain the information you need to get started. Request an information package, come for a personal tour of the campus, or attend a monthly information session.

Both programs surpass the national standard of massage education and offer the option to tailor your career to one of three niches — spa, sports massage or rehabilitation.

Wellington College is offering an intro to massage workshop May 10 from 9 a.m. to 4 p.m., which is open to anyone who is interested in beginning their career but wants to learn a few basics, or those who are interested in the art of massage therapy and



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wish to learn how to give a great massage to friends and family.

Register for the workshop by calling 204-957-2402 or by visiting the college Monday to Friday between 8 a.m. and 5 p.m.

Wellington College is conveniently located at 435 Berry St. For more information, visit wellingtoncollege.com.

**Rapid Healing
and Pain relief
with RPW
Shockwave Therapy**



FINALLY... COMPLETE RELIEF...

I had severe tennis elbow, (couldn't pour a kettle) but after 3 treatments, I had relief and after the fifth, it was GONE!!! Funny thing, I started to get it in my shoulder, and so I went for a treatment and it was gone after one time. Shockwave is a wondrous machine! IT WORKS! What's unbelievable it only takes 5 minutes or so. Thank You Health Medica. ~ Deb H.

Innovative and effective

Therapeutic shock waves were introduced as a medical treatment of eliminating kidney stones 20 years ago. A shock wave is an intense acoustic wave traveling faster than the speed of sound. Today Shockwave technology is used on millions of people around the world to treat a wide range of musculoskeletal, neurological and soft tissue disorders.

Treatable Conditions

- Plantar Fasciitis, heel pain or heel spur • Tennis elbow
- Jumper's Knee • Achilles tendonitis • Shin Splints
- Frozen shoulder • Low back and neck pain
- Scar tissue treatment • Cellulite treatment

Benefits

- Non surgical treatment • Affordable • Non-invasive, painless treatment • Speeds up healing process
- Minimal side effects



Healthmedica

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www.healthmedica.ca

Covered by MPI, WCB, Blue Cross, GWL, Manulife, Sunlife etc.

A HIGH-END EXPERIENCE

RAVE MASSAGE

Rave Massage is proud to be Winnipeg's first membership-based massage therapy clinic, offering a high-end spa experience at affordable prices in its new 2,500-square-foot, beautifully appointed location.

Owners Ted, a physiotherapist, and his wife, Tracy, recently moved back to Winnipeg after operating a physiotherapy/massage clinic in Alberta for the last 10 years and are excited to be back in their hometown.

While the concept of membership massage is not new, it's new to the Winnipeg market and has been receiving a great response from the public.

"If you commit to coming in once per month you receive a lower rate than if you were to come in periodically, a savings of \$360 per year," Tracy says.

"If you miss a month, you don't lose your massage, you can simply roll it



CONTRIBUTED

over to next month. Members of your household are entitled to receive your low member rate, and, as a bonus, members receive complimentary aromatherapy."

Rave Massage employs a staff of more than 10 registered massage therapists whose goal is to customize your massage to suit your needs, from relaxation to deep tissue, therapeutic and more.

For more information, visit ravemassage.com or call 204-416-7283 (RAVE).

MYONATURAL RELIEVES JOINT PAIN IN MINUTES

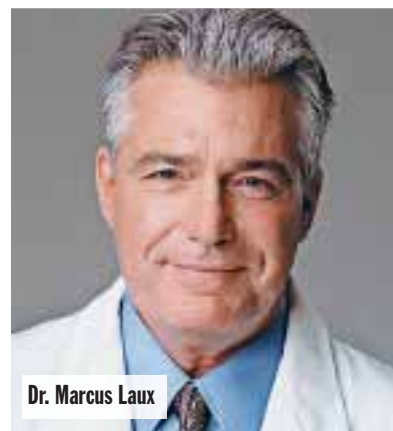
Joint pain seems to nag all of us at some point. Not surprisingly, pain relief products are everywhere. But do they really work?

Unfortunately, too many "work" by distracting you with their hot or cold sensations, rather than helping with your pain. It's a good trick but there aren't any healing properties, many may contain toxic chemicals, and smell like a locker room.

For immediate and real pain relief, MyoNatural is simply your best choice. It is the only truly natural, non-toxic, deeply penetrating topical pain relief cream available.

It was created by a world-class athletic trainer for the most demanding clients in the world — top-tier professional, Olympic, and college athletes, who need quick results.

These athletes can choose anything — they demand MyoNatural. It works fast and penetrates deep to soothe aches, stiffness, and pain within minutes. It has a pleasant, mild scent, no toxic or synthetic chemicals, and a special liposomal



Dr. Marcus Laux

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delivery system to penetrate deep, work fast, and last for hours. This is how to feel better fast and support healing.

Use it before you work out so you can perform more effectively and recover faster. MyoNatural is the safe and effective symptomatic treatment for muscle and joint aches and pain.

— Dr. Marcus Laux, ND, naturopathic physician, author

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*Introductory rate valid for first time guests only, no commitment required.

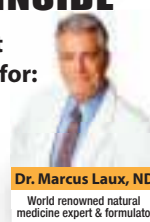
MYOMOTION

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- Back Pain
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Dr. Marcus Laux, ND
World renowned natural medicine expert & formulator

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"STOP PAIN from the OUTSIDE"

IT'S ALL NATURAL & TOXIN FREE

It doesn't matter whether you have tried 20 other pain relief products...

there is nothing like it!

"Accept no substitutes as there are none as far as your health is concerned!"



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THERAPY CAN CORRECT VISION DYSFUNCTIONS

Developmental vision therapy is an individualized treatment program designed to correct a number of vision dysfunctions that cannot be fixed by prescribing glasses, contacts, or surgery.

During a regular eye exam, a doctor will check to ensure that your eyes are healthy and free from disease, as well as determine whether a prescription for eyeglasses is or is not necessary. Unfortunately, a regular eye examination does not provide insight into the functional abilities of the brain to operate the visual system efficiently.

Although many people think of 20/20 as being perfect or normal vision, it simply represents the ability to see a certain size letter on the eye chart from a distance of 20 feet. This test tells us nothing about the visual skills that play a vital role in our daily lives.

Apart from eyesight, vision is operated entirely by the brain. It is a learned process that allows the brain to efficiently gather and use the information that is seen

through the eyes. Where to look, when to look, what to ignore, how long to look and much more are all determined by the brain.

Necessary visual skills include:

- the ability to track a line of print;
- the ability to operate both eyes as a team;
- the ability to get objects into clear focus and sustain that clarity;
- the ability to efficiently process and retain information in a meaningful and useful way.

If any of these visual skills are inadequate or lacking, you can have difficulty reaching academic potential and may suffer from a variety of symptoms, including headaches, eye strain, intermittent blurred vision, photosensitivity or dizziness. Important signs of a visual dysfunction include loss of place when reading, omitting or rereading words, moving your head excessively when reading, holding your head too close to paper when reading, and using a finger



CONTRIBUTED

as a marker when reading.

Even intelligent, motivated people can be negatively affected by a vision dysfunction. In fact, approximately one in every four people is likely to suffer from a learning related vision problem. If you

suspect that you or your child may have a developmental vision disorder, contact GRAND Developmental Vision Institute.

For more information, visit visiontherapy.org, visionandlearning.org, covd.org, or childrensvision.com.



**Attention Parents
Struggling with Reading or
Homework Battles?**

...If so, we can help!

- One out of four children struggle with reading and learning because of undiagnosed vision problems.
- It is estimated that more than 60% of children who struggle with reading have undiagnosed vision problems.
- The majority of the vision problems that interfere with reading and learning are very treatable.
- Seeing clearly ("20/20") is just one of 17 visual skills critical to academic success.

Do you know the symptoms of vision problems that interfere with reading and learning?

THE FOLLOWING IS A LIST OF SOME OF THE MORE COMMON SYMPTOMS:

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Child dislikes reading | <input checked="" type="checkbox"/> Trouble seeing the board | <input checked="" type="checkbox"/> Difficulty paying attention, ADD/ADHD |
| <input checked="" type="checkbox"/> Skips or rereads lines | <input checked="" type="checkbox"/> Headaches in temple or brow area | <input checked="" type="checkbox"/> Number/letter reversals such as "b" and "d" |
| <input checked="" type="checkbox"/> Prefers to be read to | <input checked="" type="checkbox"/> Difficulty remembering what has been read | <input checked="" type="checkbox"/> Homework takes longer than it should |
| <input checked="" type="checkbox"/> Loss of place when reading | | |

A regular eye exam determines the health of the eyes and whether glasses are required, but does not include evaluating visual dysfunctions that can contribute to academic struggles. If your child has any of the above signs, schedule a developmental vision eye exam today.

303-2200 McPhillips Street Winnipeg, MB R2V 3P4 • Ph: 204-633-5566 • grandvisiontherapy@gmail.com

LEARN THE NECESSARY SKILLS AT HERZING

For more than 40 years Herzing College in Winnipeg has been recognized as a leader in high-quality education and hands-on training. Its graduates' positive experiences and high employment success rates have been instrumental in maintaining Herzing College's first-class reputation within industry and future students.

The medical office assistant program provides students with the necessary skills and academic knowledge for entry-level medical office assistant positions in various health-care enterprises. Graduates experience extensive instruction of medical office principles, practices, and operations with focus on developing medical office assistant skills. Areas of study include medical terminology, anatomy and physiology, clinical and laboratory procedures, medical office procedures, word processing, and medical office scheduling and billing software.

Graduates will be prepared to work in a medical office environment. They should find employment opportunities with medical clinics, chiropractic offices, dental offices, hospitals, extended care



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centers, and health care related enterprises. Potential job position titles are chiropractic receptionist, chiropractic office assistant, dental office co-ordinator, dental receptionist, medical office receptionist, medical office assistant, and physician assistant.

In 2013, 92 per cent of available Herzing College's medical office assistant

program graduates found employment in a related field.

A sampling of study areas students will experience in the program are:

Anatomy and physiology: Introduces the foundations of medical language, terminology, diagnostic procedures, pathology and structure of the human body.

Office procedures and clinical soft-

OCCUPATIONAL ELEMENTS

Occupational elements for the medical office assistant program include:

- Good organizational and time management skills;
- Excellent oral and written communication skills — good at spelling, punctuation, and grammar;
- Be able to maintain confidentiality;
- The ability to work as part of a team and get along with people of various types;
- Skills in operating office equipment, including computers, and ability to learn new software.

ware: Provides students with an introduction to office practices and procedures.

Laboratory procedures: Topics include urinalysis, hematology, radiology and microbiology.

For more information, please visit herzing.ca/Winnipeg.

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• Health Care Aide • Medical Lab Assistant • Medical Office Assistant

HERZING COLLEGE

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The Canadiens celebrate scoring a goal against the Lightning in Game 3 of their playoff series on Sunday in Montreal. ANDRE RINGUETTE/GETTY IMAGES

Habs offence finds new life in playoffs

Tampa Bay-Montreal. Canadiens getting production from all 4 lines through 3 games

When Lars Eller and Rene Bourque are outscoring anyone on the top line, you know that something is going right for the Montreal Canadiens.

But it took until the playoffs for the Canadiens to find the balanced attack they have sought all season.

Getting offensive production from all four forward lines has helped them win the opening three games of their first-

Quoted

"I guess the playoffs are just bringing out the best in all of us." Lars Eller on the Canadiens' balanced offensive attack

round series against the Tampa Bay Lightning.

They can sweep the best-of-seven series with a win on Tuesday night at the Bell Centre.

"That's a big strength," Eller said Monday. "I can't stress how important it is to have everybody involved, everybody contributing."

Players who underachieved on attack all season, notably Eller and Bourque, have found new life in the post-season. It

has helped the normally low-scoring Canadiens average four goals per game against the Bolts, who are missing top goaltender Ben Bishop to an arm injury.

Bourque, a two-time 27-goal scorer who had a dreadful campaign of only nine goals, has three in as many games in the playoffs while playing left wing with centre Eller and right-winger Brian Gionta.

Eller, who had 12 goals in 77

games including a stretch of 24 games with only one assist, has two goals and shares the team scoring lead with four points with Brendan Gallagher and defenceman P.K. Subban.

The Eller line has produced five goals — one more than Gallagher's unit with Tomas Plekanec and Brandon Prust.

The top line of David Desharnais, Max Pacioretty and Thomas Vanek has scored only twice, but has combined for 29 shots in three games.

The fourth line of Daniel Briere with Michael Bournival and Dale Weise has only one goal, but it was a big one as Weise scored in overtime in Game 1. **THE CANADIAN PRESS**

NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

Noah joins Michael Jordan in 1988 as the only Bulls players to win the award. **THE ASSOCIATED PRESS**



Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career.

THE CANADIAN PRESS

NBA

Knicks fire head coach Woodson

Mike Woodson was fired as coach of the New York Knicks on Monday after his team fell from division champions to out of the playoffs in one season.

Phil Jackson, in his first big move since becoming team president in March, said in a statement "the time has come for change throughout the franchise."

THE ASSOCIATED PRESS

Penguins sting Blue Jackets for comeback win



Blue Jackets' Jack Johnson knocks the Penguins' Lee Stempniak into goalie Sergei Bobrovsky on Monday in Columbus. KIRK IRWIN/GETTY IMAGES

Brandon Sutter, Lee Stempniak and Olli Maatta scored in a span of 2:13 of the third period to revive the Pittsburgh Penguins in a 4-3 victory over the Columbus Blue Jackets on Monday night.

Pittsburgh took a 2-1 lead in the best-of-seven playoff series thanks to the goals on three consecutive shots.

Brooks Orpik added a goal in the final seconds of the second period as the Penguins stormed back from deficits of 2-0 and 3-1. Marc Andre-Fleury had 27 saves.

Boone Jenner and Jack John-

Game 3

4

Penguins

3

Blue Jackets

But then the Penguins found their game, dominating with a 41-20 advantage in shots on goal and controlling the pace to disappoint a raucous overflow crowd of 19,148.

Beau Bennett and Paul Martin each had two assists for the Penguins, as did Brandon Dubinsky for the Blue Jackets, who were trying for their first playoff victory at home. They were 0-5 in the post-season until pulling off a stunning 4-3 double-overtime victory Saturday night in Pittsburgh.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

Taurus

April 21 - May 21

It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

Gemini

May 22 - June 21

Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

Cancer

June 22 - July 23

Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

Leo

July 24 - Aug. 23

You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

Virgo

Aug. 24 - Sept. 23

It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

Libra

Sept. 24 - Oct. 23

It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

Scorpio

Oct. 24 - Nov. 22

Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

Sagittarius

Nov. 23 - Dec. 21

There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

Capricorn

Dec. 22 - Jan. 20

You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

Aquarius

Jan. 21 - Feb. 19

The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

Pisces

Feb. 20 - March 20

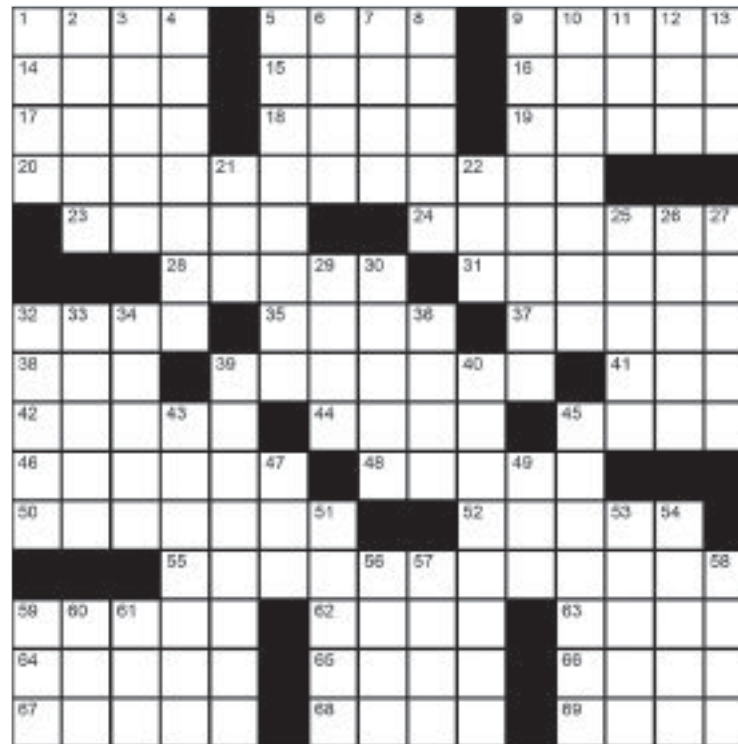
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality — make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Rowed ride
- "Yes, ___!"
- Yellow: French
- Ms. Kendrick
- Moreover
- AVOIR: I' ___
- Jackie Wilson's "___ Petite"
- Military maneuver
- Mustard brand
- Sci-fi attraction in Moonbeam, ON: 2 wds.
- Ben Stiller's actress mom Anne
- Sweetened
- Grammy Awards org.
- Book-marked page
- Costa ___
- Village dubbed 'A Little Bit of Holland in Saskatchewan'
- '___ my Eggo!' (Kellogg's waffles slogan)
- Green
- Halifax Harbour part, ___ Basin
- Swiss peak
- "Ally McBeal" singer Ms. Shepard
- ___ record (Feat in sports)
- Chemical suffixes
- Car part
- Fasten a brooch again
- What's-his-name
- John Candy comedy, "___ Buck" (1989)
- "Moments" Canadian country band: 2 wds.
- Saskatchewan village since 1911
- Born-in-Calgary American politician Ted
- Above
- Reality star Spencer



- The Jetty ___
- Havre (Claude Monet painting)
- Are, no more
- New employee
- Author Mr. Bellow, born in Lachine, QC
- Canada ___ (Some ginger ales)

Down

- Chuck it up
- "A Nightmare ___ Street" (1984)
- Keep ___ on (Watch out for)
- Regina-born star Ms. Maslany of "Orphan Black"

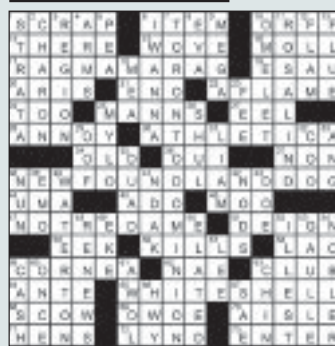
- Cape Breton Island vacation destination, ___ River Valley
- Worrisome word
- ___ Minor
- 'M' of M.O.
- "Canadian Idol" judge: 2 wds.
- Median

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Dubai's locale [acronym]
- Author, Anais ___
- 'Host' suffix
- US gun gr.
- Cow's chew-ee
- "The Exorcist" (1973) daughter
- Don Henley or Glenn Frey
- Loses hold
- Elaborates
- "60 Minutes" Toronto-born journalist, Morley ___
- Dreams: French
- Prefix to 'clast' (Image breaker)
- Miami Sound Machine hit
- Speck
- Randy Bachman, to Burton Cummings
- Long-locked lass of lore
- Kitchen set
- Hip-and-happening humans: 2 wds.
- 'Computer' suffix (Techie jargon)
- Non-affiliated politician [abbr.]
- Marine menaces, seals would say
- "What am I, chopped ___?"
- All
- Miss: Spanish [abbr.]
- City of Finland
- '70s hit: "___ Tu"
- U.S. driver's speed
- Verdi aria: "___ Tu"
- Paddle

Yesterday's Crossword

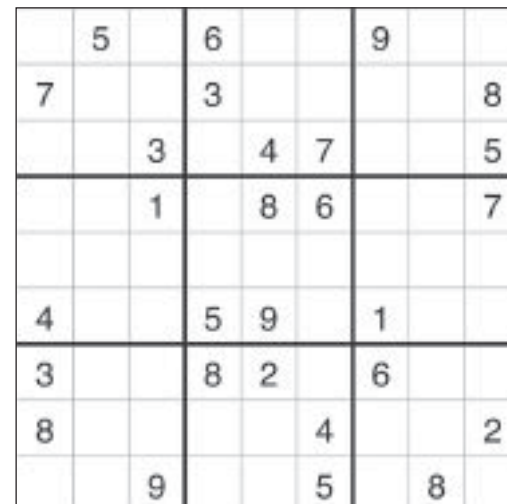


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 13°
MIN: -3°

WEDNESDAY



MAX: 9°
MIN: 3°

THURSDAY



MAX: 6°
MIN: 2°



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RECYCLING REMINDER

#4

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**“I’m just not
into you
anymore.”**



**RECYCLING
REMINDER**

#3

Recycling happens in more
places than your kitchen.
Don't forget about your
bathroom and laundry
room too.

Make the break.
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